

More Natural Remedies

Molasses Facial



Indications for Molasses Facial

- Acne or Pimples
- Food for the skin
- Skin eruptions
- Razor bumps
- Wrinkles



Procedure to Molasses Facial

- Cover the persons clothes close around the chest and neck area
- Apply the molasses on his/her face
- Leave it on for 1 hour. It will start to tighten.
- Rinse off with warm water

Effects of Facial Molasses

- Detoxifies the skin
- Adds nutrients in the skin
- Makes skin nice and glow
- Draws out impurities
- Nourishes the skin. Adds nutrients back into the skin that aids the skin condition
- Cleanse the skin
- Toning and Firming the skin
- Prevent and takes away wrinkles

Molasses facial

- High in B vitamins
- High in calcium and potassium
- Rich in Iron(1 TBS twice day will improve iron and calcium level)



Charcoal Poultice



WHAT IS CHARCOAL?



Charcoal is formed when wood is heated in the absence of air. It can be made from coconut shells, and any wood. It comes in the form of powder and tablets.

Charcoal Effects

- Adsorb and removes poisonous gases, drugs, toxic chemicals, infectious bacteria, and viruses.

Charcoal Indications Internally

- Poisoning Nausea and vomiting
- Diarrhea
- Intestinal gas
- Sore throat
- Bad breath

Charcoal indications Externally

Poultices

- Bee, wasp, and insect stings
- Spider and snake bites
- Skin lesions from poisonous plants
- Skin infections eye and ear infections
- deodorizing

Charcoal Poultice

- Two tablespoon of flax seed
- Two tablespoon of charcoal
- Water
- Leave for 8 hours



Cabbage Poultice



Cabbage Poultice Indications

- Inflammation
- Insect bites
- Swelling
- Arthritis
- Draws toxins
- Can apply on the liver
- Can apply on breast for cancer

Procedure

- Take the leaves and beat it up to release the medicinal properties.
- Apply on effected area.
- Wrap it with a wrap
- Leave it on over night or until healing takes place.



Effects

- Draws out toxins and impurities
- Brings swelling down



Onion Poultice



Onion Poultice Indications

- Bruising
- Swelling
- Asthma
- Sore throat
- Coughs
- Head colds
- Ear infection
- Inflammation



Onion poultice effects

- Helps break up fluid congestions and toxins under the skin, such as bruising, swelling, inflammation, and pain. It then helps to move the toxins out through the blood, lymph and skin.
- Anti-inflammatory agent(vitamin C and quercetin)

Onion for ear infection

- Slice it
- Heat it
- Apply on the ear
- Leave over night
- Draws fluid out the ear



Onion on the sole of feet

Asthma, Sore throat, Coughs, and head colds.

- Rub the bottom of the feet with the onion
- Will draw the blood through the area and will draw out the toxins
- Feet if very porous



Onion Cough medicine

- Chop onions
- Add honey to cover top surface and mix
- Let it sit so the juice comes out
- Drink the juice as a cough medicine



Onion Poultice

- Chop or slice the poultice
- Fold in a paper towel
- Apply on effected area.
- Leave overnight before bed time
- Remove in the morning and wash with soap.
If smell still lingers, rub with lemon juice.
- May leave poultice on for at least two hours

Potato Poultice



Potato Poultice Indications

- Inflammation
- Good for tissue injury
- Strains
- Bruises
- Swelling
- Infections
- Metal in eyes
- Eye wrinkles





Alkalinizes stomach acid(potato juice)

Raw potato juice has healing and de-acidifying properties; these qualities make it effective in the treatment of **gastritis**, **colitis** and **gastric and intestinal ulcers**. In case of these illnesses, it is recommended to consume half a glass of fresh raw potato juice three times a day for a month. The most recommended kind of potatoes recommended in such cases is the **red ones**.

Potato poultice

It draws out toxins in the body.

It Works as an anti-inflammatory



Grated Potato Poultice

- Grate it
- Apply directly to the area
- Wrap it
- Leave it on for 8 hours



Sliced potato Poultice

- You can slice it
- Apply the sliced potato over the inflamed area. It will pull out toxin and inflammation
- You can apply the sliced potato poultice to remove the wrinkles in your eye. It will draw out the fluid.

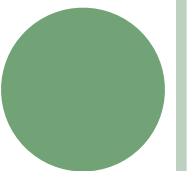


Steam Inhalation



INDICATIONS

- Coughing
- Congestion in lungs, nose and throat
- Spasmodic breathing as in asthma and croup



Effects

- Loosens dry or thick secretions
- Relieves inflammation and congestion of upper respiratory mucous membrane
- Relieve throat or irritation by moistening air
- Relieves spasmodic breathing
- Relaxes muscles and relieves coughing

Equipment

- Tea kettle with boiling water
- Newspaper cone
- Hot plate
- Pine, mint, or eucalyptus oil (optional)
- Sheet
- Umbrella



Procedure

1. Assemble necessary equipment
2. Bring water to a boil
3. Be sure the treatment room is warm and free from drafts
4. Fill the kettle with boiling water and add medication if desired
5. Place kettle on hot plate beside bed
6. Cover spout with a paper cone in order to carry the steam directly to patient's mouth or nose

Procedure Continued

7. Treatment should last for 30-60 minutes, applies two or three times a day
8. For continuous inhalation, place tea kettle on hot plate without the paper cone and let steam fill the room
9. If patient desires to lie down, place the umbrella at the head of the bed and drape sheet over it to form a tent only over the patient's head. Place the kettle with the paper cone carefully under the tent
10. Once treatment is complete, be sure patient is warm and dry, and encourage bed rest for at least half an hour.

Contrast Shower



Indications

- Infection
- Sinusitis
- Impaired Venous circulation





Effects

- Alternate contraction and dilation of blood vessels
- Increases metabolism and oxidation
- Hastens healing
- Increases White Blood Cell count

Procedure

- 3 minutes **hot**
- 30 seconds **cold**
- Repeat 3 times

